

opportunities. I was proud to sign the Omnibus Public Land Management Act of 2009 to add to our Nation's treasured landscapes and build on our rich history as guardians of our natural environment. Today, we affirm our resolve to conserve these cherished spaces for our enjoyment and for that of future generations.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim September 26, 2009, as National Public Lands Day. I invite all my fellow citizens to join me in a day of service for our public lands.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-fifth day of September, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

Proclamation 8424 of September 28, 2009

Family Day, 2009

*By the President of the United States of America
A Proclamation*

Our family provides one of the strongest influences on our lives. American families from every walk of life have taught us time and again that children raised in loving, caring homes have the ability to reject negative behaviors and reach their highest potential. Whether children are raised by two parents, a single parent, grandparents, a same-sex couple, or a guardian, families encourage us to do our best and enable us to accomplish great things. Today, our children are confronting issues of drug and alcohol use with astonishing regularity. On Family Day, we honor the dedication of parents, commend the achievements of their children, and celebrate the contributions our Nation's families have made to combat substance abuse among young people.

The 21st century presents families with unprecedented challenges. Millions of women and men are struggling to balance the demands of their jobs with the needs of their families. At the same time, our youngest generation faces countless distractions in their social environment. They are coming of age in a world where electronic devices have replaced the playground, televisions have preempted conversation, and pressure to use drug and alcohol is far too prevalent. Parents bear significant stress and burdens to protect their children from harmful influences.

It is our responsibility to talk with adolescents about the risks of abusing alcohol, tobacco, or prescription and illicit drugs, and other harmful behaviors. These substances can destroy the mind, body, and spirit of a child, jeopardizing their health and limiting their potential. Active parents, voicing their disapproval of drug use, have proven themselves to be the most effective preventative method for keeping our children drug-free. A strong and engaged family can make all the difference in helping young people make healthy decisions.

By coming together as a family and discussing the events of the day, parents can foster open communication, share joys and concerns, and help guide their children toward healthy decisionmaking. A strong nation is made up of strong families, and on this Family Day, we rededicate ourselves to ensuring that every American family has the chance to build a better, healthier future for themselves and their children.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim September 28, 2009, as Family Day. I call upon the people of the United States to join together in observing this day with appropriate ceremonies and activities to honor and strengthen our Nation's families.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-eighth day of September, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

Proclamation 8425 of September 30, 2009

National Breast Cancer Awareness Month, 2009

*By the President of the United States of America
A Proclamation*

In 2009, more than 190,000 women are expected to be diagnosed with breast cancer, and more than 40,000 women are expected to die from this disease. It is the most common non-skin cancer and the second leading cause of cancer-related death among women in the United States. As we observe National Breast Cancer Awareness Month, we salute the brave Americans who are fighting this disease, including families and friends, advocates, researchers, and health care providers. We also pause to remember and pray for those we have lost to breast cancer.

Many Americans know someone who survived breast cancer due to early detection or improved treatment, and we must continue to discover ways to prevent, detect, and treat this disease. For us to better understand how breast cancer develops, to prevent recurrence, and to enhance the quality of life for survivors, we must support critical research programs. The National Institutes of Health, Department of Defense, and the Centers for Disease Control and Prevention will invest over \$1 billion in research this year. Strengthening our knowledge of breast cancer development can lead to improvements in prevention and treatment.

Screening and early detection are essential to our Nation's fight against breast cancer. The National Cancer Institute recommends that women age 40 and older have mammograms every 1 to 2 years. Women who are at greater risk should talk with their health care providers about whether to have mammograms before age 40 and how often to have them. My Administration is committed to requiring insurance companies to cover mammograms with no extra charges, and prohibiting the